



Fit Bits

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A Publication of Body Design to Promote Health & Well Being (949) 722-3555



BODY DESIGN
The Womens' Athletic, Rehabilitation and Pilates Center of Newport Beach

SWEET SUCCESS

Dear Susan,
This is a love letter of sorts to tell you how much I appreciate all that you have done for me.

I am so excited. Three weeks ago, I turned 60! Since then I have had two compliments from strangers. Sandy and I and friends were in a restaurant in Yellowstone. I left the table ahead of Sandy and three women at the next table who were 30 something, told my husband to be sure and tell me that I am in really great shape! Then last week at Gelson's in Irvine, I was in the check out line and a woman about 50 told me that she had seen me walking through the grocery store and she thought I was in really great shape!



I have been working out with you for two and a half years now. With your support and guidance, you have seen me through a horse-back riding accident the first year and pneumonia this summer. When I started at the gym, I had suffered twelve years of chronic back pain and years of doctors

giving me anti-inflammatory drugs all of which made me feel terrible. I feel great now. I can get out of bed, out of a chair, or out of a car like a normal person. I've also been diagnosed with osteopenia and that has stabilized this year.

I still eat my hamburger and fries with my grandchildren and drink wine with my husband and friends but the weight bearing exercises, the treadmill, and pilates have really worked.

I'm basically lazy about exercise and need to be pushed but *I think because I feel better now, I stand a little taller and smile a little more*, so I thank you for all your gently pushing and coaching. I feel great and my husband says I am in the best shape I have ever been in.
Much love, Linda Lyle

TAX TIP

From our Management Accountant
Pamela Curry

You can now deduct you weight loss programs!

The IRS recently allowed the cost of weight loss programs as a deductible medical expense, to treat obesity or hypertension. The IRS focused on costs for diet programs, menu programs and support groups. The deductibility of health club costs and exercise programs have not been specifically addressed as of this date.



To qualify as a deduction, the total amount of these costs must be in excess of 7.5% of your adjusted gross income for the year. Contact your tax professional to see if you qualify.

Sorry, the costs of reduced-calorie diet foods are not deductible.

New At Body Design "NIRVANA FACIAL"

The ultimate in relaxation, this facial is based on the ancient art of Ayurveda, the Indian philosophy for health and well being. Using only all natural herbs such as shatavari and ashwaganda and aromatic oils like sandalwood and rose this deluxe treatment features a profoundly relaxing and balancing pressure point massage using the traditional marma points. A massage of the scalp, hands and feet is also included.

Be transported to a place of balance and rejuvenation.

1 1/2 hours
\$120.00



GET MORE BURN FROM YOUR WORKOUT *by Susan Tobiessen*

If you've hit a plateau in your weight-loss program, here are some tips to get more burn from your workout. The secret to losing weight is to burn more calories than you consume. The biggest "burn" comes from cardiovascular exercise. Anything that increases your heart rate up will help you to lose weight. If you already include a cardiovascular workout as part of your weight loss program, but aren't seeing the results that you want, you may need to focus on frequency, duration and intensity. To optimize your program make sure that you are doing the following:

Frequency & Duration: Exercise at least 3-4 times per week for 30-40 minutes.

Intensity: There is a big difference in the number of calories that you burn depending on the intensity of your workout.

To optimize fat burning you should monitor your heart rate during exercise. **The goal is to exercise at a level that will keep your heart rate at 75-85% of your maximum.** You can easily calculate your target heart rate by subtracting your age from 220 and then multiplying by .75 and .85. The result will be a range to keep your heart rate at during exercise, to maximize the burning of calories. So if you were 45 years old you would try to keep your heart rate between 131 and 149 beats per minute.

$$220-45=175$$

$$175 \times .75=131$$

$$175 \times .85=149$$

NEW CLASSES AND SERVICES AT BODY DESIGN

Nutritional Counseling with Dr. Jacqueline Jacques

Dr. Jacqueline Jacques is a licensed Naturopathic Physician and a graduate of the National College of Naturopathic Medicine in Portland, Oregon. Dr. Jacques acts as a private natural medicine advisor, providing educational and consulting services for individuals and corporations. She also acts as the director of the Wellness Department at Body Wise International, where she helps to develop educational materials, supports product users and assists with product development.

Dr. Jacques is available for nutritional counseling by appointment at Body Design. Call Kathleen and schedule an appointment today.

New Classes at Body Design

- **Adult ballet classes taught by Ronnie Mahler.** Miss Mahler is available to teach all ages and technical levels. Classes include: Ballet Technique, Pre-Pointe, Introductory & Advanced Pointe & Classical Ballet Repertoire, Adagio & Partnering, Performance Pieces, and Caractere Dances.
- **Adult and children's Hip Hop classes taught by Madison Woodworth.** Funk Jazz/ Hip-Hop is a unique style of dance that Madison has developed over her years of study and learning. A fun, contemporary and aerobic experience, Funk Jazz/ Hip-Hop, is an exciting and new form of expression for all, beginning dancer to the professional alike.
- **NIA Classes.** The Nia Technique® - Nia is a movement practice that transcends the slow dance of tai chi, the precision and explosive power of martial arts, the dynamic poses of yoga, and the grace & spontaneity of various dance forms, providing a full body workout that will leave you feeling fully rejuvenated, in body, mind, and spirit.

We also burn calories during the day, while we work and even while we sleep. The amount of calories that we burn is called our "resting metabolic rate". When you increase your muscle mass by weight training, you also boost your resting metabolism. Any form of strength training can increase your muscle mass, even Pilates and Yoga which strengthen the core of your body.

At Body Design we are dedicated to helping you get the results you want from your workout. Ask your trainer to help you to get more burn from your workout.

CUSTOM SPA PACKAGES

RELAXING ONE-HOUR MASSAGE	\$75.00
ONE AND ONE-HALF HOUR MASSAGE	\$105.00
ONE-HOUR FACIAL	\$ 75.00
DELUXE FACIAL	\$ 105.00
ONE-HOUR BODY SCRUB WITH MASSAGE	\$ 75.00
ONE-HOUR AROMATHERAPY BODY WRAP	\$ 75.00
SUPER DELUXE SPA DAY: ONE-HOUR MASSAGE WITH RELAXING FACIAL	\$135.00
MICRODERMABRASION (prices available upon request)	

Body Design accepts all major credit cards.
We can mail your gift certificate to you.

Call (949) 722-3555 to place your order.

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